

IS YOUR LIFE OUT OF SORTS??????

LET FAMILY ADVOCACY HELP PUT THE PIECES BACK TOGETHER AGAIN


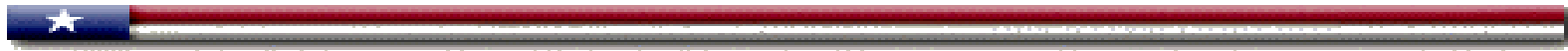


We are living in a world of stress everywhere and doctors across America have confirmed that stress is VERY unhealthy for us, but sometimes it seems impossible to not stress about things in general.

Everyone suffers from stress at some time or another in their life, but what is most important is how we handle the situation or problems that lead to stress. Family Advocacy has advocates to assist families who may need help with stress or a crisis situation. Stress that is not taken care of could lead to serious family problems. The most positive approach a person can take to improve their situation is to realize he/she has a problem and to seek help for guidance and support. Individuals who fail to seek help or fail to realize that they have a problem will most likely end up in a very bad situation. We want couples to maintain a healthy marriage and environment for our children, who are the future leaders of our nation.

There are many factors that cause destruction in a marriage which often lead to divorce. The most common that we see in FAP is poor communication skills between couples, money problems, and infidelity. For more information, please contact Family Advocacy at 545-4013 or 545-7594.

Family Advocacy Program (FAP)


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- A vertical graphic of the American flag, showing the stars and stripes, positioned on the left side of the slide.
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- A horizontal decorative bar with a red background and a blue section on the left containing a white star.
- FAP provides the following:
 - Crisis Intervention
 - New Parent Support/First Steps Program
 - Respite Care
 - Parental Stress Relief Program
 - Community Resources
 - Education Materials
 - Marriage Retreats

Location: Building 241 Baltzell Avenue, next to the Infantry Museum
Telephone: (706) 545-4013/0892

Family Advocacy Program (FAP)

- **Respite Care:** Respite Care is temporary child care for the purpose of relieving parental stress and to provide a nurturing and developmental appropriate environment for children. Each situation is evaluated on a case by case basis by the FAP Family Advocate who will need to speak directly with the family requesting the service.
- Families may receive Respite Care when attending
 - Parenting classes
 - Individual/couples counseling
 - Support groups
 - Or needs a stress break due to a family crisis, deployment, or reunion
- No cost to the families. POC is Theresa Sanchez, 545-4013.

Family Advocacy Program (FAP)

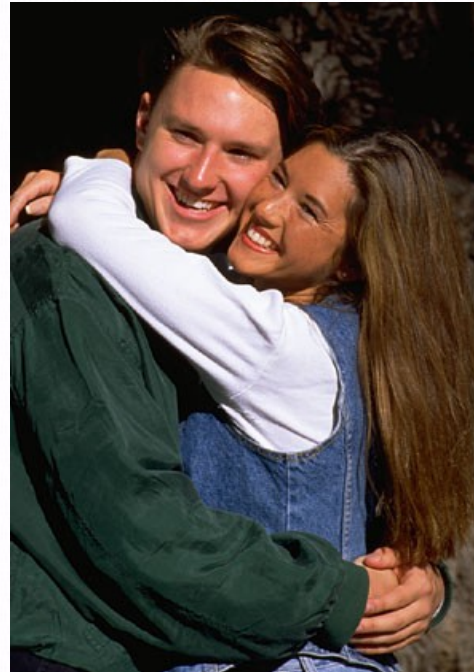
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- **Parental Stress Relief Program:** The Family Advocacy Program provides this service which is designed to provide stress relief to couples prior to deployment and as part of the reunion/reintegration process after deployment. FAP contracts with CYS, Tot Town to provide free respite child care once a month for Mom/Dad's Night Out during deployment and Mom's and Dad's Night Out after deployment to promote positive healthy families.
 - No cost to the families. POC is Rebecca Welch, Family Advocacy Program Manager, 545-0892.

Family Advocacy Program (FAP)

- **The Family Advocacy New Parent Support Program:**
This program provides emotional support, parenting education, and referrals to community resources thereby helping develop healthy family relationships to reduce the risk of child abuse/neglect. Each mom and dad receives a tote bag filled with education materials to include: a First Steps Calendar with developmental milestones, a nursery rhyme CD that is medically proven to be very effective for soothing newborns, etc. **This program is especially beneficial for spouses to rely on for support services, resources, and crisis intervention during deployments and reunions.**
- POC is Carolyn Harris, FAP New Parent Support Coordinator,
544-2020.

Marriage Enrichment Retreats for Soldiers and their Spouses

**Marriage Enrichment
Retreats
for
Soldiers and their
Spouses**



**Retreat Dates will be
announced by your
Unit Chaplain**

**You will be invited to attend a romantic
retreat, as part of the reunion process.**

****Sponsored by the Family Advocacy Program and the Chaplain's Family
Life Center**

This Time It's Different: When Your Warrior Comes Back From Combat

Had These Questions? You're Not Alone...

- He may have experienced some pretty sick stuff over there this time. Is that going to affect him?
- What behavior is normal for a Soldier who's been in combat, and how bad should it be before I raise the red flag and get some help?
- We've now been apart 14 of the last 18 months. Is there a point where this is going to permanently damage our marriage?
- Our son doesn't even recognize him anymore. Will this permanently affect their relationship?
- How should I respond? If he is stressed out, starts waking up at nights, etc. What should I do? He's not going to want to go to "counseling" unless it's really bad. What should I do if it's there, but not so bad that we need help?

Some Normal Responses:

- Hyper-Alertness
 - Jumpy at Sounds
 - Suspiciousness or Apprehension
- Restlessness
 - Intensified pacing
 - Erratic movements
- Guilt
- Sadness
- Short Sleep Cycle (nightmares/flashbacks)
- Irritability
- Reducing in intensity over weeks or months

Best Bets:

How do I help us get through this?

- Expect Success: Tell Yourself "these stresses are normal and will resolve with time and the right choices".
- Keep the family functioning through the re-bonding time
- Listen long. Don't force him to tell you everything
- Be straight with what you're seeing in him
- Work to reduce isolation (for Soldier and family)
- Check your experience with others (are you seeing this?)
- Be patient, be caring and believe

This Time It's Different: When Your Warrior Comes Back From Combat

Some Warning Signs:

Consider Getting Help If...

- Any “normal Responses” that become extreme or persist after several months
- Dazed or “numb” appearance
- Persistent overuse of alcohol or drugs
- Rage, violence or abuse
- Severe depression or withdrawal. Isolation from family and friends. Avoidance of usual activities
- Memory disturbances or persistent intrusive thoughts
- Panic attacks or phobia formation

OK, If we need help, where is a safe place?

If not an emergency,

- **Social Work Service 545-1661/3308**
- **Deployment Cycle Clinic (DCC) 544-4760/4418**
- **Chaplain Family Life Center 545-1760**

**In an emergency: Martin Army Community Hospital 544-2041/2042
Duty Chaplain 576-8659**